



Celebrating with heart

recipes for the holiday season

OUR HEART-HEALTHY EATING PATTERNS



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We hope you enjoy our new collection of heart-healthy holiday recipes. Heart-healthy Eating Patterns are based on a combination of foods, chosen regularly, over time.

This optimal combination is outlined in our Heart-healthy Eating Patterns which encourage people to eat:



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1 Plenty of fruit, vegetables and wholegrain cereals.

2 Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.



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3 Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.



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4 Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking.



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5 Herbs and spices to flavour foods, instead of adding salt.

HOW TO USE THE HEART-HEALTHY EATING PATTERN

- Aim for 5 servings of vegetables a day. To help meet this goal fill half the main meal plate with vegetables, use as snacks, add to salads, soups and casseroles.
- Incorporate fresh fruit and unflavoured yoghurt into breakfast, snacks or dessert.
- Go for wholegrains. Replace white bread, and rice with seeded breads, brown rice and high fibre breakfast cereals.
- Include fish and seafood two to three times per week.
- Eat more legumes like lentils, chickpeas and beans. Use dried and cooked or canned varieties either alone or added to meat dishes to reduce the amount of meat.
- Try introducing at least one meat-free day a week and limit red meat to 1-3 times per week.
- Trim fat off meat, remove skin from chicken and avoid processed meat (like sausages, ham and salami).
- Cook with oils like olive, canola, avocado, peanut and sunflower oil.
- Add a sprinkle of unsalted nuts and seeds to your breakfast, salads and stir-fry's or enjoy a small handful as a snack.
- Flavour foods with herbs and spices, instead of salt.

For heart health information, please contact us on **13 11 12** or our website **heartfoundation.org.au**

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TIPS FOR A HEART-HEALTHY FESTIVE SEASON

BALANCE YOUR PLATE.

Aim to fill half your plate with vegetables or salad, a quarter of your plate with healthy lean protein and a quarter of your plate with wholegrains.



PLAN AHEAD /START THE DAY WITH A HEALTHY BREAKFAST.

Enjoying a heart-healthy breakfast of muesli with yoghurt and berries or bircher muesli with tropical fruit helps keep hunger at bay and prevents overeating later in the day.



RAMP UP THE HOME COOKING.

We can be tempted to take a break from home cooking to indulge in takeaways over the holidays. However, takeaway foods can be high in salt, and saturated fats: all of which can harm your heart. Plan ahead, prepare a list of favourite recipes, make sure you have all the ingredients you need to cook healthier meals at home. You'll save money too!



DESSERTS.

Go for flavour over quantity and eat smaller serves: you could share a serve of your favourite treat with a friend or loved ones. Another option is to make the most of summer and top off your holiday meal with colourful summer fruits, such as cherries, peaches, nectarines or apricots.



WATCH OUT FOR ENDLESS NIBBLES.

While it's easy to find yourself constantly snacking, try to save your appetite for the main meal. Party snacks like mixed nuts, chips and crackers can be high in salt. It's the sodium in salt that is bad for your heart: eating too much salt can lead to higher blood pressure.



BE AWARE OF HOW LONG THE CHRISTMAS SEASON LASTS.

Many people celebrate by sharing a meal in the lead up to, and on, Christmas day: with plenty of sunshine and holidays, we love getting together with friends and family. Remember to pace yourself: indulging is OK, but it's important to get back to healthy eating habits. Start your new year with a heart-healthy eating resolution.



ADD A HEART-HEALTHY TWIST TO TRADITIONAL CHRISTMAS RECIPES.

When cooking use healthy ingredients like nuts, seeds, avocados and olives. Use healthy oils like olive, extra virgin olive, peanut, canola, sunflower, safflower, avocado or sesame oils.



MAKE VEGETABLES THE STAR OF YOUR CELEBRATION MENU.

Our hot summer holidays makes this the perfect time for colourful, tasty and refreshing salads.



KEEP MOVING.

Take the celebrations beyond the table: encourage everyone to join in, and go for a walk, ride your bikes, get into classic Aussie backyard cricket or kick the footy in a local park.



TAKE THE EDGE OFF YOUR APPETITE.

Before you head out to a celebration, eat a light, heart-healthy snack, like unsalted nuts or veggie sticks with a healthy dip, such as hummus. This way, you won't be hungry when you arrive, making it less likely you will indulge in snacks.



GO FOR QUALITY NOT QUANTITY.

You can still enjoy your Christmas holiday favourites! When there always seems to be another invitation, and more delicious holiday meals, it's easy to over-indulge. If your favourites aren't always the healthiest option, remember to enjoy them in moderation. Try to balance your meals by focusing on fresh salads and heart-healthy proteins (fish, legumes, chicken).





BREAKFAST



SALMON SHAKSHUKA

 4 SERVES  10 MINS  20 MINS

INGREDIENTS

1 tablespoon olive oil
1 red onion, thinly sliced
1 clove garlic, crushed
1 red capsicum, cut into thin strips
2 teaspoons smoked paprika
1 teaspoon ground cumin
2 tablespoons no added salt tomato paste
¼ cup dried red lentils
400g can no added salt diced tomatoes
300g skinless salmon fillets, cut into 3cm pieces
½ cup chopped fresh parsley
4 eggs
½ (200g) mixed grain sourdough breadstick, sliced, toasted

METHOD

Heat oil in a large, deep frying pan over a medium heat. Add onion, garlic and capsicum. Cook, stirring, for about 4 minutes until onion is softened.

Add paprika, cumin, tomato paste and lentils. Cook, stirring, for 1 minute. Stir in tomatoes and 1½ cups water. Bring to the boil. Reduce heat and gently boil for 10-12 minutes, stirring occasionally, until thickened.

Stir in salmon and half the parsley. Using the back of a large spoon, make 4 hollows in mixture. Crack an egg into each hollow. Cover and simmer a further 5-8 minutes, or until eggs are cooked to your liking.

Sprinkle with remaining parsley. Serve with toasted breadstick

Tips: Bulk up veggies by stirring in 1 cup frozen mixed vegetables or 60g baby spinach leaves with salmon in step 4.

For a vegetarian shashuka, replace salmon with a drained 400g can no added salt black beans.

For added flavour, sprinkle 50g crumbled reduced fat feta cheese over mixture in step 4 before covering and simmering.



TURKEY & TOMATO BASIL TOAST



4 SERVES



15 MINS



10 MINS

INGREDIENTS

3 large tomatoes, cut into 1½ cm thick slices
4 x 50g slices mixed grain sourdough bread
1 large avocado, coarsely mashed
250g skinless roast turkey breast slices
60g baby rocket and spinach leaves, to serve

SALSA VERDE

1 cup firmly packed basil leaves
2 green shallots, thinly sliced
¼ cup olive oil
1½ tablespoons white wine vinegar
1 teaspoon Dijon mustard
¼ cup pepitas, lightly toasted (see tip)

METHOD

To make salsa verde, process basil, shallots, oil, vinegar, mustard and 2 tablespoons pepitas in a food processor until finely chopped and well combined. Transfer to a small bowl. Season with freshly ground pepper.

Heat a lightly oiled grill pan or barbecue plate over a high heat. Add tomato slices and cook for 1-2 minutes on each side until lightly charred.

Meanwhile, lightly toast bread slices. Spread with avocado. Top with turkey and tomato slices.

Spoon salsa verde on top. Sprinkle with remaining pepitas. Serve with rocket and spinach leaves.

Tips: Try this recipe as a tasty way to enjoy leftover Christmas turkey.

You can swap any lean roast meat for turkey eg. beef, pork, lamb or chicken.



SWEET POTATO SPINACH & RICOTTA PIES



4 SERVES



20 MINS



50 MINS

INGREDIENTS

Spray olive oil
1 tablespoon pepitas
1 tablespoon sunflower seeds
200g sweet potato, peeled, cut into 2cm cubes
300g baby spinach leaves
150g reduced fat ricotta
8 eggs, lightly beaten
2 tablespoons fresh mint, chopped
4 sheets fresh filo pastry

METHOD

Preheat oven to 200°C. Lightly spray four non-stick pie dishes with olive oil. Set aside.

Place sunflower seeds and pepitas onto a small baking tray and toast in the oven for 4-5 minutes or until golden. Set aside.

Place sweet potato in a large saucepan with water. Bring to the boil and cook for 15-20 minutes or until tender. Before draining sweet potato, place spinach in the saucepan for 30 seconds or until just wilted.

Drain sweet potato and spinach and place into a medium sized bowl. Ensure most of the moisture has been drained/squeezed out of the spinach. Mash sweet potato with a fork and set aside to cool for 10 minutes.

Once cooled, place mashed sweet potato, spinach, ricotta, eggs, and mint in a large bowl and stir to combine.

Spray 1 pastry sheet with oil. Fold in half. Spray with oil then fold in half again. Press pastry square into 1 pie dish. Repeat with remaining pastry and pie dishes.

Divide the sweet potato mixture between the pie dishes. Place 4 pie dishes onto a baking tray and bake for 20-30 minutes or until the pastry is golden and mixture is just set.

If freezing: once cooled, place individual pies into resealable freezer bags, plastic wrap or airtight containers and place in the freezer.

Once defrosted, reheat pies in an oven until heated through.

Evenly sprinkle toasted pepitas and sunflower seeds on pies before serving.

Tip: This can be made ahead and frozen.



BANANA BERRY & OAT SMOOTHIE

 **2 SERVES**  **5 MINS**

INGREDIENTS

1 ½ cup reduced fat milk
2 tablespoons reduced fat Greek yoghurt
1 banana
½ cup frozen (or fresh) mixed berries
½ cup rolled oats
1 tablespoon chia seeds, to serve
1 tablespoon flaked coconut, to serve

METHOD

Place milk, yoghurt, banana, mixed berries and oats into a blender or food processor and blend until smooth.

Pour smoothie into two tall glasses and top with chia seeds and coconut before serving.



SMASHED BANANA ON FRUIT BREAD



4 SERVES



5 MINS



5 MINS

INGREDIENTS

8 slices wholemeal fruit toast, thinly sliced

4 medium sized bananas

2 teaspoons cinnamon

480g reduced fat ricotta

20 strawberries, washed, hulled and diced

2 tablespoons honey

METHOD

In a bowl, mash together banana, cinnamon, and ricotta. Set aside.

Toast fruit toast.

Spread the banana mixture evenly over the toast. Evenly scatter diced strawberries over the banana mixture.

Drizzle over honey and serve.



BANANA CHIA POTS WITH MANGO & PASSIONFRUIT



2 SERVES



20 MINS



OVERNIGHT

INGREDIENTS

1 large ripe banana

1 ¼ cups (310ml) unsweetened almond and coconut milk

¼ cup chia seeds

2 tablespoons natural almond vanilla yoghurt

2 tablespoons natural sliced almonds, toasted

1 mango, peeled and diced

1 passionfruit, halved

METHOD

Mash banana in a medium ceramic or glass bowl until smooth.

Add chia seeds and almond milk. Stir until well combined. Stand 20 minutes. Stir again. Cover and refrigerate overnight.

To serve, spoon chia mixture evenly into 2 serving glasses. Sprinkle with half the almonds. Top with yoghurt, mango and passionfruit pulp. Sprinkle with remaining almonds.

Tip: For a non-vegan version, add 2 teaspoons of honey or use any type of unflavoured milk and yoghurt.

Swap mango and passionfruit for other fresh fruit, if preferred. Try blueberries, diced kiwi fruit, sliced banana, peach or nectarine wedges.

To toast almonds, stir in a dry frying pan over a medium heat until lightly browned.

For breakfast on the go, spoon chia mixture into two containers with a screw top lid. Refrigerate overnight. Transport in a chiller bag with a separate containers for nuts, yoghurt and almonds.





TIPS FOR KEEPING ACTIVE IN THE HOLIDAY SEASON

The sun is out, the sky is blue: it's the most wonderful time of the year to get moving for a healthier heart. To keep your heart-healthy, you should aim to do at least 30 minutes of moderate physical activity on most days of the week. Also, your heart health will get a boost when you do some vigorous and strength-based exercise a few times through the week.

There's still plenty of ways to get active, and to encourage your family and friends to join in to; for everyone's hearts:

GET GOING EARLY. With brighter mornings, it's easier to get out of bed and get active earlier. Waking up early to get in your daily exercise also helps you to beat the heat and stay out of the sun when the day's UV rating is at its highest. No matter what time of day you head out to exercise, remember to wear a hat, protect your skin and keep hydrated.

MOVE TOGETHER. Stay motivated by keeping active with friends and family. Go for a walk, run or bike ride together. Other ways to get moving include swimming at the beach or pool and playing summer sports in the backyard, at the park or on the beach.

PLAN AHEAD. The festive season is always busy. You can still find time to be active: plan ahead and schedule time for exercise.

REFRESH AND COOL OFF. Make the most of summer and beat the heat by getting active in the water: go for a swim, join an aqua aerobics class or try water running; the water will keep you cool while you're exercising, and you will feel refreshed and energised. Just remember to slip, slop, slap, slide, and seek shade to protect your skin from the sun.


MIX UP THE HOLIDAY ROAD TRIP. If you're getting away in the car these holidays, plan out your route to include some scenic walks to break up long stretches of driving: it's great for your heart and will help you stay alert on the road.

If you're working you can still keep active, and take other steps, to balance out the end of year festivities and keep your heart-healthy:

TAKE SOME BREAKS FROM YOUR DESK. If your work desk is adjustable, try working in a standing position for part of the day. If there are no standing desks in your office, take regular breaks from sitting. Another way to avoid sitting all day is to stand up whenever you make or answer a phone call.

MOVE AROUND YOUR WORKPLACE. Instead of calling a workmate on the phone or sending an email, go for a walk to talk with them at their desk. If you need to print a document, choose the printer that is furthest away from your desk, so you can go for a short walk around the office. Other ways to get active at work including walking up or down the stairs, doing stretches if you're on hold on the phone or waiting for a document to print and inviting a teammate to a walking meeting.

USE HEART POWER TO GET TO WORK. When you take public transport to work, get off the bus, tram or train earlier than you usually do, and walk the rest of the way. Or, you can take advantage of the weather and ride or walk into work.





MAINS



THAI SPICED FISH W/ MANGO CORIANDER SAMBAL



4 SERVES



15 MINS



25 MINS

INGREDIENTS

1½ tablespoons sunflower oil
1 teaspoon finely grated fresh ginger
1 clove garlic, crushed
½ teaspoon ground turmeric
¾ cup brown basmati rice
60g baby spinach leaves
2 tablespoons panang curry paste
4 x 175g boneless white fish fillets

MANGO CORIANDER SAMBAL

1 large mango, peeled, diced
1 large red capsicum, diced
1 Lebanese cucumber, diced
3 green shallots, thinly sliced
1 cup coarsely chopped fresh coriander
1 tablespoon lime juice
2 teaspoons brown sugar

METHOD

Preheat the oven to 220°C (fan forced).

To make sambal, combine all ingredients in a medium bowl. Cover and set aside in fridge.

Heat half the oil in a medium saucepan over a medium heat. Add ginger, garlic and turmeric. Cook, stirring, for 1 minute, until fragrant. Stir in rice and 1¼ cups water. Bring to the boil. Reduce heat to low. Cover and simmer for 12-15 minutes, until water is absorbed. Remove from heat. Stir in spinach. Stand covered for 10 minutes.

Combine curry paste and remaining oil on a large plate. Add fish and rub with curry mixture to coat.

Transfer fish to a baking paper-lined baking tray. Bake in 220°C preheated oven (fan-forced) for 15 minutes or until fish flakes easily when tested with a fork.

Serve fish with rice and sambal.

Tips: Check curry paste labels and choose the brand lowest in sodium. Replace panang paste with red or yellow curry paste, if preferred. Any variety of white fish is suitable for this recipe

Swap in basil or mint to replace coriander, if preferred.



SALMON & ASPARAGUS GREMOLATA



4 SERVES



10 MINS



30 MINS

INGREDIENTS

650g sweet potato, cut into 2cm-thick slices

Olive oil cooking spray

4 x 130g skinless salmon fillets

Lemon wedges, to serve

ASPARAGUS GREMOLATA

2 teaspoons olive oil

1 bunch asparagus, thinly sliced

2 cloves garlic, crushed

2 tablespoons baby capers, drained

1 cup coarsely chopped fresh parsley

¼ cup unsalted macadamias, toasted, finely chopped

1 teaspoon finely grated lemon rind

1 tablespoon lemon juice

METHOD

Preheat the oven to 220°C (fan forced).

Place sweet potato slices on a baking paper-lined baking tray. Lightly spray with oil and season with pepper. Bake in a 220°C preheated oven (fan-forced) for 20-25 minutes, or until tender.

Meanwhile, to make gremolata, heat oil in a medium non-stick frying pan over a medium-high heat. Add asparagus, garlic and capers.

Cook, stirring, for 2 minutes, or until asparagus is bright green and just tender. Transfer to a medium bowl. Cool 10 minutes. Add parsley, macadamias, lemon rind and juice. Toss gently.

Add salmon to same frying pan. Cook for about 3 minutes each side, or until cooked to your liking.

Divide sweet potato and salmon among 4 plates. Spoon over gremolata. Serve with lemon wedges.

Tips: To toast macadamias, bake on a tray in 180°C oven for about 5 minutes or until lightly golden. Replace with almonds, pistachios or pine nuts, if preferred. White fish fillets can be used in place of salmon.



HARRISA SQUID & MANGO SALAD



4 SERVES



10 MINS



15 MINS

INGREDIENTS

500g cleaned squid tubes

1 tablespoon Harissa Middle Eastern spice blend

150g mixed baby salad leaves

2 large mango, peeled and sliced

¾ cup (100g) macadamias, toasted

METHOD

Cut squid tubes in half lengthways. Pat dry with paper towel. Using a small, sharp knife, score the inside of squid hoods in a criss-cross pattern. Cut into about 4cm pieces.

Place squid pieces in a large bowl. Add spice blend. Toss to coat.

Heat an oiled, non-stick frying pan or barbecue flat plate over a high heat. Stir-fry the squid in three batches for 1-2 minutes, or until browned and tender. Transfer to a baking tray. Cover loosely with foil to keep warm.

Arrange salad leaves over a large serving plate. Top with mango and squid. Sprinkle with macadamias.

Serve with lime wedges, if desired.

Tips: Squid tubes are the body of the squid with skin and tentacles removed. For maximum tenderness select small squid tubes rather than large tubes. If squid is displayed uncleaned, ask your fishmonger to clean it for you. About 1.2 kg uncleaned squid will yield 500g cleaned squid tubes.

Harissa spice blend is available from the spice aisle in major supermarkets. To toast macadamias, spread over a baking tray. Cook in a 160°C oven for about 5 minutes, until light golden.



PRAWN & QUINOA SALAD



4 SERVES



10 MINS



30 MINS

INGREDIENTS

100g quinoa

3 cups green beans, trimmed

1 teaspoon olive oil

2 garlic cloves, finely chopped

350g raw prawns with tail-shells on

1 tablespoon olive oil

2 tablespoon lemon juice

1 x 250g punnet cherry tomatoes, halved

½ bunch fresh dill, chopped

½ bunch flatleaf parsley, chopped

¼ bunch mint, chopped

120g baby spinach, roughly chopped

50g macadamia nuts, roughly chopped

METHOD

Place quinoa in a large saucepan and cover with water. Bring to the boil and cook for 20 minutes, or until tender. Drain well and set aside.

Cook green beans in a saucepan of boiling water for 2-3 minutes or until tender. Drain. Refresh under cold running water, drain.

Heat olive oil in a large frying pan, add garlic and prawns and cook for 3 minutes, until the prawns are cooked through.

To make dressing, combine olive oil and lemon juice in a bowl and stir to combine.

Mix together the quinoa, cherry tomatoes, parsley, dill, and mint in a small bowl.

Place the spinach and green beans on the bottom of a large salad plate, top with quinoa mix and scatter prawns and macadamia nuts over the salad and drizzle with dressing.



BRUSCHETTA FISH CUTLETS WITH CAULI MASH



4 SERVES



20 MINS



25 MINS

INGREDIENTS

3 vine-ripened tomatoes, cut into 1cm dice

½ small red onion, finely chopped

½ cup finely shredded fresh basil leaves

1 tablespoon olive oil

2 teaspoons balsamic vinegar

4 x 200g white fish cutlets

2 tablespoons pine nuts, toasted

2 slices wholegrain bread, halved, to serve

CAULI MASH

1 large cauliflower (1kg), leaves and base trimmed, chopped

1 tablespoon olive oil

2 cloves garlic, crushed

2 tablespoons light spreadable cream cheese

2 tablespoons freshly grated parmesan

METHOD

Combine tomatoes, onion, basil, oil and vinegar in a medium bowl. Season with pepper. Toss to combine. Cover and set aside.

To make Cauli mash, place cauliflower in a large saucepan. Add enough water to almost cover. Place lid over saucepan and bring to the boil. Gently boil for 20 minutes, or until tender. Drain in a colander.

Heat oil in same large saucepan over a medium heat. Add garlic and cauliflower. Cook, stirring for 2 minutes. Stir in cream cheese and parmesan. Remove from heat. Blend with a stick blender until smooth.

Meanwhile, cook fish cutlets in a preheated, lightly oiled, large non-stick frying pan, or on a barbecue flat plate, over a medium-high heat for about 3 minutes on each side, or until fish is lightly golden and flakes easily when tested with a fork.

Divide Cauli mash and fish between 4 dinner plates. Top with tomato mixture. Sprinkle with pine nuts. Serve with wholegrain bread

Tip: We used blue eye cod cutlets but any variety of white fish can be substituted. If preferred, use fish fillets in place of cutlets. For a more textured cauliflower mash, use a hand held potato masher instead of a stick blender.



CHICKEN SCHNITZEL WITH BROCCOLI SLAW & ALMONDS



4 SERVES



25 MINS



20 MINS

INGREDIENTS

4 x 150g skinless chicken breast fillets,
fat trimmed

¼ cup buttermilk

1 cup stale wholegrain breadcrumbs

2 tablespoons grated parmesan cheese

2 teaspoons dried Italian herbs

Olive oil cooking spray

Lemon wedges to serve

BROCCOLI SLAW

350g broccoli, chopped

200g green cabbage, finely shredded

1 cup frozen corn kernels, thawed

3 green shallots, finely sliced

1 cup fresh basil leaves, shredded

⅓ cup slivered almonds, toasted

½ cup buttermilk

1 tablespoon Dijon mustard

2 tablespoons finely grated parmesan cheese

2 teaspoons lemon juice

METHOD

Preheat the oven to 220°C (fan forced).

Pound chicken with a meat mallet between 2 sheets plastic wrap to an even 1cm thickness. Transfer to a large shallow dish, season with pepper and pour over buttermilk. Turn chicken to coat evenly.

Line a large baking tray with baking paper and spray with oil. Mix breadcrumbs, parmesan and Italian herbs on a large plate. Working with one chicken fillet at a time, remove from buttermilk, allow excess to drip off, then coat both sides in breadcrumb mixture. Place on prepared tray. Spray with oil.

Bake in a 220°C oven (fan-forced) for 20 minutes, turning schnitzel halfway through cooking time, until lightly golden and cooked through.

Meanwhile, to make slaw, process broccoli in food processor until finely chopped. Transfer to a large heatproof bowl, cover with boiling water. Stand 2 minutes. Drain, rinse under cold water then drain well. Combine broccoli, cabbage, corn, shallots, basil and almonds in a large bowl.

Whisk buttermilk, mustard, parmesan and juice in a jug until combined. Add to slaw, season with pepper and toss well.

Divide slaw among 4 plates. Top with sliced schnitzel. Serve lemon wedges.

Tips: 4 x 150g chicken breast fillets can be replaced with 2 x 300g fillets, cut horizontally through the side to give 4 thin pieces.

To make 1 cup breadcrumbs, process 2 x 35g slices wholegrain bread in a food processor. Use 1-2 day old bread for best results.

Broccoli slaw can be made up to 2 hours ahead. Keep, covered, in fridge.

Swap frozen corn with fresh kernels cut straight from the cob, if preferred.



SHREDDED CHICKEN & PEACH SALAD



4 SERVES



15 MINS



15-20 MINS

INGREDIENTS

400g lean chicken breast, halved horizontally

3 tablespoon olive oil

2 peaches, quartered and stone removed

2 zucchini, cut into rounds

2 bunches asparagus

2 tablespoon balsamic vinegar

2 teaspoon honey

100g rocket

1 red onion, thinly sliced

40g walnuts, roughly chopped

METHOD

Heat a char-grill or barbecue to high. Brush chicken with 2 tablespoon oil and grill, turning occasionally until cooked through (10-12 minutes), remove from pan.

Add peach halves and zucchini rounds to the pan and cook for 1 minute each side or until lightly charred.

Once chicken cools briefly tear into shreds. Set aside.

Cook asparagus in a saucepan of boiling water for 2-3 minutes or until tender. Drain. Refresh under cold running water, drain.

To make dressing, whisk 1 tablespoon olive oil, balsamic vinegar, and honey in a bowl.

Arrange rocket, onion, asparagus, peach, zucchini, walnuts and shredded chicken onto a large plate. Drizzle dressing over.



TURKEY & CRANBERRY RICE SALAD



6 SERVES



25 MINS



25 MINS

INGREDIENTS

1 ½ cups brown rice and quinoa blend

300g green beans, ends trimmed, halved

150g baby rocket leaves

2 stalks celery, thinly sliced

6 green shallots, thinly sliced

250g sliced turkey breast, roughly chopped

⅔ cup sweetened dried cranberries,
roughly chopped

½ cup pistachio nuts, lightly toasted,
roughly chopped

DRESSING

¼ cup olive oil

2 tablespoons red wine vinegar

½ teaspoon finely grated orange rind

¼ cup fresh orange juice

2 teaspoons honey

2 teaspoon Dijon mustard

METHOD

Add rice blend to a large pan of boiling water. Reduce heat and gently boil, uncovered, for 25 minutes. Drain. Cool. Transfer to a large bowl.

Place beans in a heatproof bowl. Cover with boiling water. Stand 3 minutes. Drain. Refresh under cold water. Drain again.

Add beans, rocket, celery, shallots, turkey, cranberries and pistachios to rice. Toss gently.

To make dressing, whisk all ingredients in a small jug. Add dressing to salad. Toss well.

Tip: To toast pistachios, spread over a baking tray and cook in a 160°C oven (fan-forced) for 3-5 minutes, or until lightly golden. Sliced turkey breast is available from supermarkets. This recipe is also a great way to use up leftover skinless and shredded roast turkey.



CITRUS TURKEY BREAST W/ THYME INFUSED BABY CARROTS & POTATO



4 SERVES



10 MINS



30-35 MINS

INGREDIENTS

8 x baby potatoes, whole
12 x baby carrots, whole
1 tablespoon olive oil
2 teaspoon fresh thyme
Spray olive oil
450g skinless turkey breast (4 x 125g steaks), fat trimmed
1 tablespoon fresh ginger, finely grated
2 teaspoon lemon zest
2 tablespoon lemon juice
1 tablespoon honey
¼ cup fresh orange juice

METHOD

Preheat oven to 180°C. Line 1 baking tray with baking paper. Place baby potatoes and carrots on baking tray and drizzle with olive oil and sprinkle with fresh thyme. Roast, for 30 minutes or until golden and tender.

Meanwhile, lightly spray a large non stick frying pan with olive oil and heat over medium-high heat. Add turkey breast and cook for 5-6 minutes each side or until cooked through. Remove from the pan.

Add the ginger to the pan and cook, stirring for 30 seconds. Add the zest, lemon juice, honey and orange juice. Simmer, stirring, for 2 minutes or until slightly thickened. Return turkey to the pan and cook, turning to coat in the sauce, for 1 minute.

Serve turkey with roasted potatoes and carrots.



CHAR GRILLED TOFU & VEGGIE PLATTER W/ ROMESCO SAUCE

 4 SERVES

 20 MINS

 15 MINS

INGREDIENTS

500g firm tofu
1 medium eggplant, cut lengthways into 1cm slices
2 large zucchini, cut diagonally into 1cm slices
200g flat mushrooms, thickly sliced
2 bunch asparagus, ends trimmed
¼ cup olive oil
1 tablespoon Ras el hanout spice blend
¼ cup chopped fresh parsley
2 wholemeal Lebanese bread rounds, cut into large pieces
Lemon wedges, to serve

ROMESCO SAUCE

2 tablespoons slivered almonds, toasted
180g roasted capsicum, drained, chopped
⅓ cup semi-dried tomatoes
1 tablespoon red wine vinegar
1 teaspoon smoked paprika

METHOD

Preheat the oven to 180°C (fan forced).

Cut tofu into 1cm-thick slices and pat with paper towel to absorb excess moisture. Place on a tray in single layer. Spread eggplant, zucchini, mushrooms and asparagus over a separate large tray.

Combine oil and spice blend in a small bowl. Brush mixture over vegetables and tofu. Set aside for 15 minutes.

Meanwhile, to make romesco sauce, process almonds in a food processor until finely chopped. Add remaining ingredients. Process to form a coarse paste. Season with freshly ground pepper.

Lightly spray a chargrill or barbecue plate with oil and heat over high heat. Add eggplant and zucchini slices in a single layer. Cook for about 3 minutes on each side, or until lightly charred and tender. Transfer to a large baking tray.

Add mushrooms and asparagus to chargrill. Cook, turning, for about 2 minutes or until just tender. Add to tray with eggplant and zucchini, cover with foil and keep warm in a 150°C oven (fan-forced).

Add tofu slices to chargrill in a single layer. Cook, for about 2 minutes on each side or until lightly charred.

Arrange tofu and vegetables on a serving platter. Sprinkle with parsley. Serve with romesco, Lebanese bread and lemon wedges.

Tips: For a non vegetarian version, replace tofu with 500g chicken tenderloins, if preferred. Cooking time may vary.

Vegetables and tofu can be brushed with spice mixture several hours ahead. Keep refrigerated until ready to cook. For added wholegrains, serve with brown rice or burghul.



ROAST VEGETARIAN LOAF



6 SERVES



25 MINS



1.5 HRS

INGREDIENTS

1 cup quinoa (see Tip)
1 cup unsalted cashews
400g large flat mushrooms, roughly chopped
1 ½ tablespoons olive oil
1 onion, finely chopped
3 cloves garlic, crushed
1 tablespoon chopped fresh (or 2 teaspoons dried) thyme leaves
3 eggs, lightly beaten
1 cup grated mozzarella cheese
¼ cup tomato chutney
1 cup (150g) roasted capsicum strips, drained
¼ cup (10g) freshly grated parmesan
500g truss cocktail tomatoes or cherry tomatoes
Fresh thyme sprigs, to garnish
500g green beans, steamed, and ¼ cup extra tomato chutney, to serve

METHOD

Preheat the oven to 180°C (fan forced).

Grease a 14cm x 21cm large loaf pan. Line base and sides with baking paper.

Rinse quinoa in a sieve under cold running water. Transfer to a medium saucepan. Add 2 cups water. Bring to the boil. Reduce heat, cover and simmer for 20 minutes, or until water has been absorbed. Transfer to a large bowl. Cool.

Process cashews in a food processor until finely ground. Transfer to bowl with quinoa.

Add mushrooms to same food processor. Process until finely chopped.

Heat 1 tablespoon oil in a large, non-stick frying pan over a medium-high heat. Add onion, garlic and thyme. Cook, stirring for 3 minutes, or until onion is light golden. Add mushrooms. Cook, stirring for a further 5 minutes or until mushrooms are soft and excess liquid has evaporated. Remove from heat. Cool 10 minutes.

Add mushroom mixture to bowl with quinoa and cashews. Stir in eggs, mozzarella and chutney. Season with pepper. Mix well.

Spread half the mixture into prepared pan. Top evenly with half the capsicum strips. Spread with remaining quinoa mixture. Arrange remaining capsicum strips over top, pressing in lightly. Sprinkle with parmesan.

Bake in 180°C oven (fan-forced) for about 1 hour, or until firm to touch. Meanwhile, toss tomatoes with remaining oil in a baking paper-lined roasting pan. Bake in same oven, on shelf below loaf for last 20 minutes of cooking time.

Stand loaf in pan for 15 minutes. Transfer to serving plate. Garnish with thyme sprigs. Serve with roast tomatoes, beans and chutney.

Tips: Although eaten like a grain, quinoa is actually a seed. It has a slightly nutty flavour and is higher in protein than rice. Rinsing under cold water before cooking is important as removes the natural coating that can impart a bitter flavour. Loaf can be cooked one day ahead. Cool in pan. Cover and refrigerate. To reheat, cover pan with foil. Transfer to 160°C oven (fan-forced) for about 45 minutes, or until loaf is hot.



GREEN & RED OPEN TART WITH LENTIL SALAD



4 SERVES



15 MINS



30 MINS

INGREDIENTS

1 x portion Wholemeal Savoury Pastry (as per Heart Foundation recipe below)

1 bunch asparagus

¼ clove garlic

2 tablespoon chives

2 teaspoons lemon juice

½ cup reduced-fat ricotta

60g baby spinach leaves

450g punnet cherry tomatoes, halved

25g reduced fat feta

LENTIL SALAD:

400g no added salt lentils, rinsed, drained

1 red capsicum, diced

1 cucumber, diced

¼ red onion, finely diced

½ cup fresh parsley, chopped

1 teaspoon Dijon mustard

2 tablespoon balsamic vinegar

1 teaspoon lemon juice

METHOD

Preheat oven to 180°C.

Prepare Wholemeal Savoury Pastry as per recipe below. Cover the pastry shell with baking paper and fill with pastry weights or uncooked rice. Bake for 10 minutes. Remove paper and weights and set aside to cool slightly.

Meanwhile, steam or boil the asparagus for 2 minutes or until tender. Refresh under cold water. Set aside.

To make ricotta filling, place garlic and chives into a food processor and pulse several times to chop. Then add in the ricotta cheese and lemon juice. Blend until smooth and creamy.

Spread ricotta mixture over the base of the pastry, then top with spinach, asparagus, halved tomatoes, and feta. Return to the oven for 10-15 minutes, or until the tomatoes have wilted.

While tart is cooking, prepare lentil salad. In a large bowl, combine lentils, capsicum, cucumber, onion and parsley. Whisk together Dijon mustard, balsamic vinegar and lemon juice in a small bowl. Pour the dressing over the salad and toss to combine.

WHOLEMEAL PASTRY



15 MINS



30 MINS CHILLING + 25 MINS COOKING

INGREDIENTS

300g wholemeal plain flour plus extra for rolling pastry out

6 tablespoons olive oil

⅔ cup cold water

Olive Oil spray

METHOD

Place the flour into a food processor and put the lid on. Slowly add the olive oil and water whilst blitzing to combine. If you do not have a food processor, put the flour into a large bowl, add the olive oil and rub in with fingers until mixture resembles fine breadcrumbs. Then add cold water and mix to a firm dough.

Pour out the dough mixture and knead the dough briefly and gently on a floured surface. Wrap in cling film and chill (optional) for 30 minutes.

Once chilled, roll out pastry on a lightly floured surface. Place the rolled pastry into flan tin greased with olive oil spray.



KALE SWEET POTATO & BEETROOT SALAD



4 SERVES



15 MINS



25 MINS

INGREDIENTS

600g sweet potato, peeled, cut into 1cm slices

Olive oil cooking spray

6 cups (175g) chopped kale leaves
(about 6-7 stalks)

420g can no added salt lentils, drained

250g packet fresh cooked beetroot,
drained, cut into wedges

75g feta cheese, crumbled

½ cup walnuts, toasted

BALSAMIC DRESSING

2 tablespoons extra virgin olive oil

2 tablespoons balsamic vinegar

½ teaspoon honey

1 small clove garlic, crushed

Freshly ground black pepper, to taste

METHOD

Preheat the oven to 200°C (fan forced).

Arrange sweet potato slices in a single layer over a baking paper-lined baking tray. Spray with cooking spray. Bake in a 200°C oven (fan-forced) for 20-25 minutes, until tender. Cool.

Place kale, lentils and sweet potato in a large bowl. Season with freshly ground pepper and toss gently. Arrange over a large platter. Top with beetroot, feta and walnuts.

To make dressing, place all ingredients in a screw top jar and shake well.

Drizzle dressing over salad to serve.

Tip: To toast walnuts, spread over a baking tray and bake in 160°C oven (fan-forced) for 5-6 minutes. Salad (without dressing) can be assembled up to 3 hours ahead. Keep covered in the fridge. Drizzle with dressing just before serving. For a warm, non-vegetarian salad, lentils can be replaced with 300g lean lamb or beef steaks. Grill or panfry steaks in a non-stick pan until cooked to your liking. Rest 5 minutes then slice thinly. Arrange over salad.

Reduce prep time by replacing kale leaves with 175g of any packaged, chopped leafy salad mix. Sweet potato can be microwaved instead of roasted, if preferred. Place slices over base of a large microwave-safe dish, overlapping slightly. Cover with damp paper towel and microwave on High for about 6 minutes, or until tender. Drain and cool.



MIDDLE EASTERN STYLE LAMB W/ ANCIENT GRAIN SALAD

 **2 SERVES**  **25 MINS + 1HR MARINATING**  **40-50 MINS**

INGREDIENTS

MIDDLE EASTERN LAMB

200-250g lamb backstraps or fillets

2 teaspoons ground cumin

1 teaspoon sweet paprika

1 clove garlic, minced

1 teaspoon lemon rind

1 teaspoon olive oil

ANCIENT GRAIN SALAD

1 cup butternut pumpkin,
diced into 1cm cubes

Spray olive oil

1/4 cup white quinoa

1/4 cup puy lentils

1 bunch broccolini, chopped

2 tablespoons reduced fat Greek yoghurt

1 teaspoon ground cumin

2 tablespoons toasted silvered almonds

1 tablespoon currants

3 tablespoons mint, roughly chopped

3 tablespoons coriander, roughly chopped

1 tablespoon lemon juice

1/4 pomegranate, deseeded

METHOD

Preheat the oven to 180°C (fan forced).

Place lamb, cumin, paprika, garlic, lemon rind and olive oil in a small bowl and coat the lamb. Cover and refrigerate for 1 hour.

Meanwhile, preheat oven to 180°C. Line a small baking tray with baking paper. Place pumpkin on the baking tray and spray with olive oil. Bake for 15-20 minutes or until pumpkin is cooked and golden brown. Set aside.

Meanwhile, cook quinoa and puy lentils according to packet instructions. Drain well and allow to cool.

Cook broccolini in a saucepan of boiling water for 3-4 minutes or until just tender. Drain and refresh under cold water. Set aside.

Combine Greek yoghurt and cumin in a small bowl. Set aside.

While quinoa, lentils, pumpkin and broccolini are cooling, preheat a chargrill or BBQ on high heat. Cook lamb fillets for 3-4 minutes each side for medium, or until cooked to your liking. Transfer to a plate and cover and set aside for 3 minutes to rest.





In a medium bowl place silvered almonds, currants, mint, coriander, lemon juice, olive oil, pomegranate, roasted pumpkin, broccolini, quinoa and lentils and mix well to combine.

Divide salad and lamb fillets between 2 serving plates and top with cumin yoghurt.



SMART SWAPS FOR TRADITIONAL SEASONAL FAVOURITES

Healthy eating can help to protect your heart and limit your risk of developing heart disease. It's easy to enjoy a Heart-healthy Eating Pattern all through the year.

Swap salt 	 for Christmas flavour with spices and herbs - like cinnamon, nutmeg, ginger, all spice, cloves, sage, rosemary and thyme
Swap butter on the festive table bread 	 for olive oil and vinegar
Swap salty crackers 	 for veggie sticks like carrots, cucumber, celery and capsicum – all great with dips
Swap processed deli meats on your grazing platter 	 for sardines, tuna, boiled eggs, cheese, and beans (see our HF entertaining recipe ideas eg cowboy caviar cups). Goes well with olives, seeds, unsalted nuts and vegetable dips like guacamole and hummus
Swap chips/crisps & salty nuts 	 for unsalted nuts, plain popcorn
Swap red meat as the main protein course 	 for seafood, poultry or plant-based protein alternatives like tofu
Swap leg of ham 	 for seafood like salmon– versatile, cooks quickly and a heart-healthy protein with beneficial omega 3 fats
Swap white grain products like white bread, rice, pasta 	 for wholemeal or wholegrain varieties
Swap gravy 	 for fresh flavoured marinades and dressing based on olive oil, herbs and spices
Swap the crunchy texture of fried croutons in salads 	 for legumes, seeds and unsalted nuts or try adding new flavours and texture by using a wholegrain side dish like quinoa, farro or buckwheat
Swap mayonnaise 	 for buttermilk or yoghurt-based dressings
Swap cream, sour cream 	 for natural, unflavoured or Greek yoghurt in both savoury and sweet dishes
Swap sugar sweetened drinks like soft drink 	 for sparkling water and flavour with lime, lemon, mint or strawberries and cucumber
Swap butter as a spread 	 for avocado, legume-based dips like hummus, or unsalted nut butters



SIDES



BUCKWHEAT, KALE & APPLE SALAD



6 SERVES



25 MINS



25 MINS

INGREDIENTS

1 cup buckwheat

2 carrots, peeled, grated

2 Lebanese cucumbers, halved, deseeded, chopped

1 yellow capsicum, cut into thin strips

1 red onion, halved, thinly sliced

1 red apple, cut into matchsticks

100g chopped kale leaves

1 cup fresh mint leaves

½ cup pecans, toasted, roughly chopped

DRESSING

⅓ cup olive oil

2 tablespoons apple cider vinegar

2 teaspoons honey

2 teaspoons curry powder

METHOD

Bring 1½ cups water to the boil in a medium saucepan. Add buckwheat and reduce heat. Simmer, covered for about 10 minutes or until liquid is absorbed. Stand, covered 10 minutes.

Spread buckwheat over a large plate to cool.

Transfer buckwheat to a large bowl. Add carrot, cucumber, capsicum, onion, apple, kale, mint and pecans.

To make dressing, whisk all ingredients in a small jug. Add to salad and toss well.

Tips: For a delicious nutty flavour, stir raw buckwheat in a dry frying pan over a medium-high heat for 5-8 minutes or until it smells toasted and is lightly browned. Cool, then continue with step 1. Replace kale with baby spinach leaves, if preferred. To toast pecans, spread over an oven tray and cook in an 180°C oven for 5 to 7 minutes until fragrant and a darker shade of brown.



ROCKMELON, MINT & SNOWPEA SALAD

 **4 SERVES**  **20 MINS**

INGREDIENTS

200g snow peas, halved diagonally
120g mixed baby salad leaves
2 Lebanese cucumber, halved lengthways, chopped
½ rockmelon, peeled, deseeded, thinly sliced
1 cup fresh mint leaves
50g Danish feta cheese, crumbled
⅓ cup pepitas, toasted

LEMON CHILLI DRESSING

2 tablespoons olive oil
2 tablespoons lemon juice
1 tablespoon chopped fresh chives
½ teaspoon dried chilli flakes

METHOD

Place snow peas in heatproof bowl. Cover with boiling water. Stand 1 minute. Drain, rinse under cold water, drain well.

To make dressing, whisk all ingredients in a small bowl.

Layer salad leaves, cucumber, snow peas, rockmelon and mint on a serving platter or board.

Drizzle with dressing. Sprinkle with feta and pepitas.

Tip: To toast pepitas, stir in a small dry frying pan over a medium heat for about 2 minutes or until lightly browned.

AVOCADO CAPRESE SALAD

 **2 SERVES (AS A SIDE)**  **10 MINS**

INGREDIENTS

2 cups rocket
1½ tomatoes, thickly sliced
½ avocado, cut into thin slices
¼ reduced fat mozzarella or bocconcini ball (roughly 100g), thinly sliced
4 tablespoons basil leaves, roughly chopped
1 tablespoon olive oil
½ teaspoon freshly cracked black pepper

METHOD

Spread rocket over the bottom of a serving platter. Overlap the tomato, avocado and mozzarella on top of the rocket.

Scatter over basil leaves, then drizzle olive oil and pepper.



ROAST POTATOES W/SPICED CHICKPEAS & CHIVES



6 SERVES



15 MINS



45 MINS

INGREDIENTS

1.2kg red-skinned potatoes, cut into 2cm slices

2 tablespoons olive oil

400g can no-added salt chickpeas, drained

2 cloves garlic, crushed

2 teaspoons smoked paprika

CHIVE DRIZZLE

3/4 cup buttermilk

1 tablespoon Dijon mustard

2 tablespoons chopped fresh chives, plus extra to serve

1 tablespoon lemon juice

METHOD

Preheat the oven to 220°C (fan forced).

Cut potatoes into 2cm-thick slices. Pat slices with paper towel to absorb excess moisture. Transfer to a large roasting pan, drizzle with 1 tablespoon oil and toss well. Arrange in a single layer, overlapping slightly, over base of pan.

Bake in a 220°C oven (fan-forced) for 40-45 minutes, turning potato slices halfway during cooking time, until golden and tender.

Meanwhile, heat remaining oil in a medium frying pan. Add chickpeas, garlic and paprika. Cook, stirring, for 2-3 minutes until chickpeas are coated in spice mix and mixture is fragrant.

To make chive dressing, whisk all ingredients in a jug. Season with freshly ground pepper.

To serve, scatter spiced chickpeas over potatoes in roasting pan. Spoon over chive dressing and sprinkle with extra chives.

Tips: Low in fat and a good source of calcium, buttermilk is an excellent tenderizer when used as a marinade for chicken or other meats. You'll find it in the refrigerated dairy section in supermarkets. Swap in mint or coriander for chives, if preferred.



MAPLE AND MUSTARD ROAST PUMPKIN



6 SERVES



15 MINS



50 MINS

INGREDIENTS

1.3 kg kent pumpkin
2 red onions, cut into wedges
½ teaspoon ground cinnamon
1 tablespoon olive oil

MAPLE AND MUSTARD GLAZE

2 tablespoons maple syrup
1 tablespoon wholegrain mustard
1 tablespoon fresh thyme leaves, plus extra to serve
1 teaspoon salt-reduced soy sauce

METHOD

Preheat the oven to 200°C (fan forced).

Cut pumpkin into 12 wedges. Remove seeds but leave skin on. Place pumpkin and onion in a large roasting pan, sprinkle with cinnamon, drizzle with oil and toss well.

Bake in a 200°C oven (fan-forced) for 40-45 minutes, turning pumpkin and onion halfway, until tender.

Meanwhile, to make glaze, combine maple syrup, mustard, thyme and soy sauce in a small bowl.

Drizzle glaze over pumpkin and onions. Return to oven. Bake for further 8-10 minutes or until pumpkin and onion are browned and glaze is sticky.

Sprinkle with extra thyme to serve.

Tip: Replace maple syrup with honey, if preferred. If fresh thyme is unavailable, use 1½ teaspoons dried thyme leaves.





TIPS FOR A HEALTHY CHRISTMAS DAY AND OTHER HOLIDAY PARTIES

The barbecue is on and your favourite holidays playlist is blaring. You're keeping sun smart, but what about looking after your heart? Remember, you may be tempted by all the delicious foods available. Try not to over-indulge.

If you do, be sure to return to a healthier approach to eating after the celebrations are done. Here are some sizzling ideas for entertaining this summer:

GET PICKY ABOUT YOUR SNACKS.

You don't have to try all the foods on offer at the party. Enjoy a small amount of your favourites, and stock up on salads and fruits. Also, be mindful of how the food was cooked and prepared; skip the fried foods.

CELEBRATE AT HOME INSTEAD OF EATING OUT.

At home, you're in charge of the menu. You can choose healthier options, including fruits and vegetables, and skip salty and fried snacks.

TAKE THE EDGE OFF YOUR APPETITE.

Have a healthy snack at home before going to a holiday party. You will be fuller when you arrive, so you will be less tempted by unhealthy snacks.

EAT BREAKFAST BEFORE YOU HEAD OUT.

Eating a healthy breakfast helps to keep hunger at bay, gets your metabolism working for the day and stops you from overindulging later on.

EAT SLOWLY AND ENJOY YOUR FOOD.


Be focused on what you are eating, and consciously choose healthier options. Also, if you eat slowly and really focus on the flavours of your foods, you will enjoy what you eat without feeling uncomfortably full.

BE WARY OF PORTION SIZES.

There will be plenty of foods to tempt you at each celebration. Be aware of how much you eat. As a tip, half of your plate should be filled with fruits and vegetables; a quarter of your plate should include wholegrains, like brown rice, quinoa, barely and buckwheat, and a quarter of your plate should be made up of protein, such as fish or poultry.

THE BEST DRINKS FOR THE HOLIDAYS.

When the weather is hot, it's important to keep hydrated. Be sure to drink plenty of water; it's a natural thirst quencher. You can boost the flavour of your water by adding sliced berries, mint or cucumbers. Avoid high energy/ high kilojoule drinks like soft drinks, sweet tea and fruit juices. If you choose to drink alcohol, choose low alcohol alternatives and alternate with a glass of water or sparkling water between each alcohol drink.





DESSERTS & BAKING



BAKED CHRISTMAS PUDDING



12 SERVES



25 MINS



1 HR 10 MINS

INGREDIENTS

410g can pear slices in juice

1 cup pitted dates, chopped

½ cup raisins, chopped

½ cup currants

1 tablespoon caster sugar

½ teaspoon bicarbonate of soda

2 eggs, lightly beaten

2 teaspoons vanilla

1 cup wholemeal self-raising flour

1 cup fresh wholemeal breadcrumbs

1½ teaspoons mixed spice

1 teaspoon ground cinnamon

½ teaspoon icing sugar

CUSTARD

1½ tablespoons custard powder

1 tablespoon caster sugar

1½ cups milk

METHOD

Preheat the oven to 160°C (fan forced).

Spray a 21cm non-stick bundt pan with oil.

Drain pear slices and reserve juice. Process pears in a food processor or blender to form a smooth puree. Set aside.

Combine reserved pear juice, dates, raisins, currants and sugar in a medium saucepan. Bring to the boil. Gently boil for 5 minutes. Transfer mixture to a large bowl. Stir in bicarb soda. Cool 30 minutes.

Stir in pear puree, eggs and vanilla. Add flour, breadcrumbs and spices. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Cover cake pan securely with foil.

Bake in a 160°C oven (fan-forced) for 50 minutes or until a skewer inserted into pudding comes out clean. Stand pudding in pan, covered with foil for 10 minutes, then uncover and turn onto a serving plate.

Meanwhile, to make custard, place custard powder and sugar in a small saucepan. Stir in ¼ cup milk to form a smooth paste. Stir in remaining milk. Cook, stirring constantly over a medium heat until custard boils and thickens.

Dust pudding with icing sugar. Serve sliced with warm custard.

Tips: Pudding can also be cooled and served as a cake. Any leftovers will keep for up to 4 days in an airtight container. Bundt pans are sold in department stores and major supermarkets.



SUMMER FRUIT & GINGERBREAD CRUMBLE



8 SERVES



15 MINS



55 MINS

INGREDIENTS

6 (850g) nectarines, cut into wedges

1 tablespoon golden syrup

125g punnet raspberries

$\frac{2}{3}$ cup reduced fat plain Greek yoghurt, to serve

CRUMBLE

$\frac{1}{3}$ cup wholemeal plain flour

$\frac{1}{3}$ cup quick oats

$\frac{1}{3}$ cup flaked almonds

2 tablespoons raw sugar

2 teaspoons ground ginger

$\frac{1}{2}$ teaspoon ground cinnamon

2 tablespoons olive oil

1 tablespoon golden syrup

METHOD

Preheat the oven to 180°C (fan forced).

Cut nectarines into quarters, remove stones. Place over base of a large shallow ovenproof dish. Drizzle with golden syrup. Cover with foil. Bake in 180°C oven (fan-forced) for 35 minutes, or until fruit is tender when tested with the tip of a sharp knife.

Meanwhile, to make crumble, place all ingredients in a medium bowl. Stir until well combined and crumbly.

Remove foil covering from baked nectarines. Scatter over raspberries and sprinkle with crumble. Return to oven for 15-20 minutes or until crumble is golden brown.

Serve warm with yoghurt.

Tips: Nectarines can be replaced with peaches or plums, or try using a combination of stone fruits. Swap in blueberries or blackberries for raspberries, if preferred. For a shortcut, replace fresh fruit with an 800g can peach halves (drained) and 1 cup frozen raspberries. Place fruit in ovenproof tray, drizzle with golden syrup and sprinkle directly with crumble topping (skipping baking in step 1). Bake as directed in step 3.



SPICED VANILLA CHEESECAKE W/PEACHES & STRAWBERRIES



10 SERVES



25 MINS



55 MINS

INGREDIENTS

65g dates, chopped

1/4 cup flaked almonds

1/4 cup quick oats

1 teaspoon vanilla extract

2 peaches, cut into wedges

250g punnet strawberries, halved

1/2 teaspoon each icing sugar and ground cinnamon, to dust

FILLING

600g fresh ricotta cheese

1/2 cup reduced fat plain Greek yoghurt

1/2 cup icing sugar mixture

2 eggs, separated

1 tablespoon vanilla extract

2 teaspoons ground cinnamon

1 teaspoon ground ginger

METHOD

Preheat the oven to 180°C (fan forced).

Invert base in a 20°Cm (base measurement) round springform pan. Lightly spray pan with oil. Line base and side with baking paper.

Process dates, almonds and oats in a food processor until finely chopped. Add vanilla and 1 teaspoon water, process until mixture starts to clump together, adding an extra teaspoon of water, if required.

Using wet hands, press mixture over base of prepared pan in a thin even layer. Bake in 180°C oven (fan-forced) for 8-10 minutes, until golden around edge. Cool

To make filling, process ricotta, yoghurt, sugar, egg yolks, vanilla, cinnamon and ginger in same food processor until smooth. Transfer to a large bowl.

Beat egg whites in a medium bowl with electric mixer until soft peaks form. Fold into ricotta mixture until combined. Spoon mixture into prepared pan. Smooth over top. Place on a baking tray.

Bake in a 150°C preheated oven (fan-forced) for 40 minutes or until just set (centre will still appear wobbly but will set on cooling). Turn off oven. Cool cheesecake in oven with door ajar. Remove. Refrigerate, covered, for several hours or overnight until firm.

To serve, transfer cheesecake to a serving plate. Top with peaches and strawberries. Lightly dust with icing sugar and cinnamon.

Tips: Replace peaches and strawberries with any fresh seasonal fruit combo, try mangoes and raspberries or plums and blackberries. Inverting the base of the springform pan makes it easier to remove cooked cheesecake from pan to serve.



EASY WHOLEMEAL FRUIT CHRISTMAS CAKE

 18 SERVES

 20 MINS

 1 HR 20 MINS

INGREDIENTS

375g packet mixed dried fruit
1 cup (160g) pitted dates, chopped
405ml can apricot nectar
2 tablespoons honey
1 small (160g) Granny Smith apple, peeled and grated
2 eggs, lightly beaten
1 ⅓ cups (175g) wholemeal plain flour
1 teaspoon ground cinnamon
1 teaspoon mixed spice
½ teaspoon bicarbonate of soda
1 cup (110g) firmly packed ground almonds
¼ cup natural sliced almonds

METHOD

Preheat the oven to 150°C (fan forced).

Grease a 20°Cm round x 7 cm deep round cake pan. Line base and sides with two layers of baking paper.

Combine mixed dried fruit, dates and nectar in a large saucepan. Bring to the boil. Gently boil for 5 minutes, stirring occasionally. Remove from heat. Transfer mixture to a large bowl. Cool 45 minutes.

Stir in honey, apple and eggs until combined.

Sift flour, spices and soda over fruit mixture, then add any husks remaining in sieve to the bowl. Add almond meal. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Sprinkle with sliced almonds.

Bake in a 150°C oven (fan-forced) for 1 hour and 15 minutes, or until cake is cooked in centre when tested with a skewer. Cover top with a piece of baking paper. Wrap cake (still in pan) in a clean tea towel. Cool completely before turning out. Transfer to an airtight container.

Tip: Cake will keep for 1 week stored in an airtight container in a cool place, or for up to 1 month in the fridge. Refrigerate in hot weather.



CRANBERRY & PISTACHIO BREAD

 **10 SERVES** (MAKES 30 SLICES, 3 PER SERVE)  **15 MINS**  **50 MINS**

INGREDIENTS

3 egg whites
$\frac{1}{3}$ cup caster sugar
$\frac{3}{4}$ cup wholemeal plain flour
$\frac{1}{2}$ cup pistachios
$\frac{1}{3}$ cup natural almonds
$\frac{3}{4}$ cup (120g) sweetened dried cranberries
1 teaspoon finely grated orange rind

METHOD

Preheat the oven to 160°C (fan forced).

Grease a 12cm x 22cm (top measurement) medium loaf pan. Line base and sides with baking paper.

Beat egg whites in medium bowl with an electric mixer until soft peaks form. Gradually beat in sugar. Continue beating on high speed for about 5 minutes until sugar is dissolved and mixture is smooth.

Stir in flour, pistachios, almonds, cranberries and rind until combined.

Spoon mixture into prepared pan. Smooth over top. Bake in 160°C oven (fan-forced) for about 35 minutes, until top is lightly browned. Cool in pan. Remove. Wrap in foil. Stand overnight.

Using a large serrated knife, cut loaf into very thin slices, about $\frac{1}{2}$ cm thick.

Place slices on 2 baking trays. Bake in 150°C oven (fan-forced) for 12-15 minutes, until dry and very lightly browned (bread will become crisp on cooling). Cool on trays. Transfer to an airtight container.

Tips: This crunchy, twice-baked bread is similar to Italian biscotti and will keep for up to 2 weeks in an airtight container. For a variation, replace pistachios with hazelnuts and cranberries with chopped dried apricots.



GRILLED STONE FRUIT W/CRUSHED PECANS & MAPLE GLAZE



4 SERVES



5 MINS



10 MINS

INGREDIENTS

4 medium stone fruits (e.g. yellow peaches, nectarines), halved and stone removed

Olive oil spray

4 teaspoons maple syrup

400g reduced fat vanilla Greek yoghurt

½ cup pecans, chopped

METHOD

Heat a char-grill over medium to low heat and spray generously with olive oil to prevent the stone fruits sticking.

Brush each peach half with ½ teaspoon maple syrup.

Place cut-side down of the peach and grill for 8-10 minutes, or until grill marks appear and peaches are caramelised.

Divide the Greek yoghurt amongst the bowls and top with the grilled peaches and chopped pecans.



MINI BERRY & YOGHURT PAVLOVA



6 SERVES



15 MINS



30 MINS

INGREDIENTS

150ml egg whites (approximately 4 eggs)

1 cup caster sugar

1 teaspoon white vinegar

400g reduced fat Greek yoghurt

300g strawberries, diced

300g blueberries

METHOD

Preheat oven to 150°C. Line a large baking tray with non-stick baking paper.

Place the egg whites in the bowl of an electric mixer and whisk on high speed until stiff peaks form. Gradually add the sugar, 1 tablespoon at a time, waiting 30 seconds between each tablespoon. Whisk for 6 minutes or until stiff and glossy.

Scrape the sides of the electric mixer, add the vinegar and whisk for 2 minutes or until glossy and combined.

Spoon 6 rounds onto the baking tray. Reduce the oven temperature to 120°C and bake for 30 minutes or until crisp to touch.

Cool in the oven for 1 hour.

Top meringues with yoghurt and fresh berries.





HEART-HEALTHY CHRISTMAS GIFT IDEAS

We've gone through the healthy eating tips, but what about a gift from the heart that's great for their heart too? For the cooks in your life, we suggest these heartfelt, heart-healthy holiday presents:

SEASONAL FRUITS GIFT BASKETS.

Load up seasonal fruits on cherries, mangoes, plums, nectarines, peaches, grapes, pineapples and more. Share the fresh, colourful flavours of Summer.

FLAVOURED VINEGARS AND HEALTHY OILS.

Delicious heart-healthy oils, like olive, peanut oil and sunflower, as well as vinegars, make for beautiful holiday gifts.

SCENTED/HERBAL TEAS.

Choose herbal teas including chamomile, ginger and peppermint: these are all caffeine free.

HEALTHY COOKING CLASSES.

Perfect for a loved one who enjoys cooking up delicious, healthy meals.

POTS OF HERBS.

Give the gift of flavour! Using herbs is a great alternative to adding salt to your cooking.

Have you got a friend or member of the family who loves keeping active? Inspire them to keep moving with holiday presents like:

ACTIVITY TRACKER.

Help someone special to stay active with an activity tracker. They can use the data they collect to stay motivated and monitor their progress towards meeting guidelines. You should aim to reach 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity in a week. You can also alternate between doing moderate and vigorous activities.

HAND WEIGHTS.

Lifting weights can be a heart-healthy part of reaching the physical activity guideline that says, do muscle strengthening activities on at least 2 days each week

INTRODUCTORY SESSIONS AT THE GYM, PILATES, YOGA, DANCING.

Get someone going by gifting them a starter session or pass to the gym, or to classes like pilates, yoga or dancing.

GIFT VOUCHERS THAT GET YOU MOVING.


Give the gift of movement with vouchers for horse riding, swimming pool entry, ice-skating, bowling, mini golf or the sports store.

BACKYARD SPORTS AND GAMES EQUIPMENT.

Give the gift of a classic backyard cricket set, a football, a basketball, a skipping rope or hula hoop.

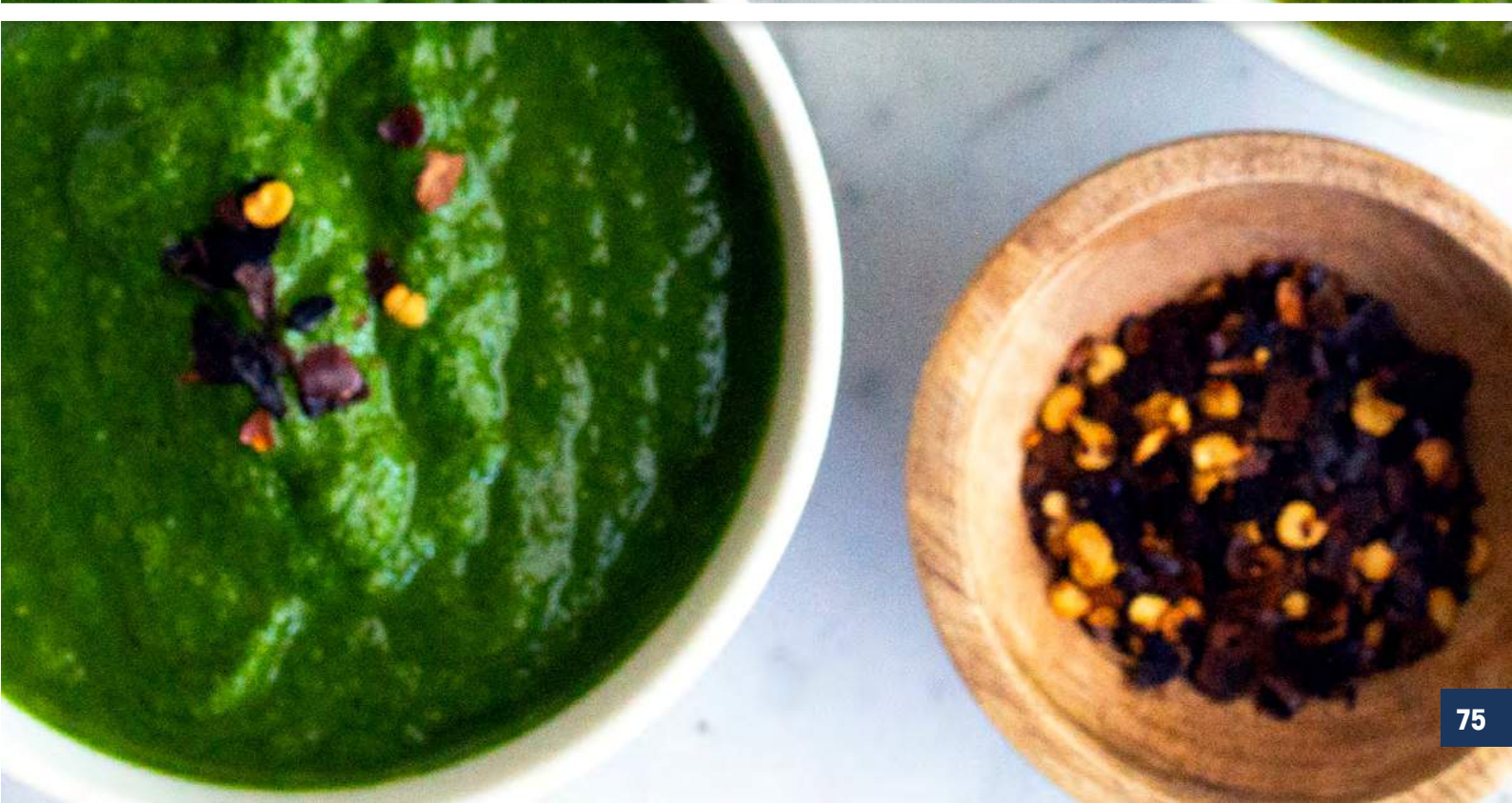
MORE TO GET THEM MOVING.

Gifts like bikes, skateboards, rollerblades, the Twister game, the Just Dance electronic game, portable speakers or headphones, trampolines or kites are perfect to motivate people to get outside and get moving.





DIPS & DRESSINGS



SPINACH HUMMUS W/ TURKISH TOASTS

INGREDIENTS

½ x 450g loaf (225g) Turkish bread
Olive oil spray
400g can no added salt chickpeas, rinsed and drained
2 cups (60g) baby spinach leaves
1 clove garlic, crushed
2 tablespoons tahini
¼ cup lemon juice
1 tablespoon olive oil
1 teaspoon ground cumin
2 tablespoons water, approximately
Freshly cracked black pepper, to season
2 medium celery stalks, cut into sticks
2 medium Lebanese cucumber, cut into sticks
100g green beans, ends trimmed

METHOD

Cut Turkish bread into 16 thin slices and spray with cooking spray.

Toast slices under a preheated grill or in a heated char-grill pan until lightly browned on both sides.

Process chickpeas, spinach and garlic in a food processor until finely chopped.

Add tahini, lemon juice, oil and cumin and process until smooth. If consistency is too thick, add water and process again until combined. Transfer mixture to a bowl and season with pepper.

Serve dip with Turkish toasts and vegetable pieces.

WARM ROAST PUMPKIN DIP W/ VEGETABLES & WHOLEMEAL PITA

INGREDIENTS

400g pumpkin, peeled, deseeded, diced
2 tablespoon olive oil
2 teaspoon cumin
¼ teaspoon cracked pepper
¼ cup reduced fat Greek Yoghurt
2 tablespoon coriander leaves, roughly chopped
2 x medium carrots, peeled and cut into small batons
4 x sticks celery, cut into small batons
1 x small round wholemeal pitas, cut into small triangles

METHOD

Preheat oven to 180°C.

Place pumpkin on a lined baking tray, drizzle with 2 tablespoons olive oil. Roast for 20-25 minutes or until golden and cooked.

Place pumpkin, cumin, cracked pepper, yoghurt and coriander leaves into a food processor. Process until a smooth dip forms.

Spoon into a small serving bowl. Serve with vegetable crudités and wholemeal pita triangles.



GREEN GOODNESS SAUCE

INGREDIENTS

1 cup reduced fat Greek yoghurt
1 avocado
½ cup parsley
½ cup basil
1 clove garlic
2 tablespoons olive oil
2 tablespoons lemon juice
¼ teaspoon ground black pepper

METHOD

Place all ingredients in a food processor and process until smooth.

Refrigerate in an airtight container until ready to use.

BASIL PESTO

INGREDIENTS

2 cups fresh basil leaves
1 clove garlic, peeled
¼ cup pine nuts, lightly toasted
1 tablespoon parmesan cheese
¼ cup olive oil
¼ teaspoon freshly ground pepper

METHOD

Place the basil, garlic, pine nuts, and parmesan in a food processor and process until finely chopped. With the motor running, gradually add the oil in a thin steady stream until mixture is smooth and well combined.

Transfer to an air tight container and refrigerate.

SEEDED MUSTARD & BALSAMIC VINAIGRETTE

INGREDIENTS

3 tablespoons balsamic vinegar
1 tablespoon wholegrain mustard
1 garlic clove, minced
½ cup olive oil
¼ teaspoon ground pepper

METHOD

Place all ingredients in a small mixing bowl and whisk until thoroughly combined.

Transfer to a tight fitting jar and refrigerate. Shake well before serving.



CHIMICHURRI

INGREDIENTS

½ bunch flat-leaf parsley, coarsely chopped

½ bunch coriander, coarsely chopped

1 garlic clove

½ teaspoon chilli flakes

2 tablespoons red wine vinegar

2 tablespoons olive oil

METHOD

Place parsley, coriander, garlic, chilli flakes and vinegar in a small food processor and blitz until finely chopped. Add olive oil and mix through.

Transfer to a tight fitting jar or container and refrigerate.

LEMON HERB SALAD DRESSING

INGREDIENTS

2 teaspoons grated lemon zest

¼ cup lemon juice

2 teaspoons Dijon mustard

½ cup olive oil

1 tablespoon red wine vinegar

2 tablespoons parsley, finely chopped

2 teaspoons chives, finely chopped

METHOD

Place all ingredients in a medium jar with a tight fitting lid, and shake to combine.

Can keep in the refrigerator for up to 5 days. Shake well before serving.



GET INSPIRED TO MEET YOUR HEART-HEALTHY NEW YEAR'S RESOLUTIONS

As we head into 2021, now is the time to make a promise to yourself; promise that you will do more in the new year to look after your heart health. When you make your heart health resolution, be sure to commit to something that is realistic and achievable: if you're not too active right now, don't make a resolution to run a marathon in March 2021. Instead, commit to taking small steps each day to be more active, to change your diet, to be better at monitoring your medications, to get a Heart Health Check, and more.

If you're looking for inspiration on how you can look after your heart in 2021, we are excited to share these ideas:



SET AN ACHIEVABLE GOAL FOR HEART HEALTH. Making a commitment to achieving better heart health in 2021 is a wonderful goal. To get there, set yourself realistic and achievable goals: as you progress towards hitting your targets, you will keep motivated. When you achieve a heart health goal, celebrate the win.



CREATE A HEART-HEALTHY LIFESTYLE. Start and keep up with healthy routines and habits. Remember to start small, celebrate your wins and keep going to build habits for a healthier lifestyle.



FOCUS ON WORKING TOWARDS GOALS THAT ARE REALISTIC AND ACHIEVABLE. Instead of changing your whole approach to eating, start by swapping ingredients for healthier options or by cooking a Heart Foundation recipe for dinner twice each week. Other steps you can take include eating a set amount of fruits and vegetables each day or walking for 30 minutes each morning.



EAT WELL FOR YOUR HEART. Try Heart Foundation recipes like brunch tarts or a cajun beef poke bowl and discover that eating for heart health is delicious too.



GET ACTIVE AGAIN IN 2021. Focus on spending less time sitting, your heart will thank you for it. Build activity into your daily life by walking to the local shops to buy groceries, running to your favourite playlist or walking the dog each night when you get back from work. Keep an exercise diary, plan and track your activity; you will be inspired by your successes.



JOIN YOUR LOCAL HEART FOUNDATION WALKING GROUP. Walking is wonderful for your heart health. Plus, with Heart Foundation Walking you will get to meet new friends who can help you to enjoy getting active and can help you stay motivated too.





FOOD TO SHARE



TURKEY & CRANBERRY MEATBALLS



10 SERVES



20 MINS



25 MINS

INGREDIENTS

2 tablespoons olive oil
1 onion, finely chopped
1 clove garlic, crushed
100g flat mushrooms, finely chopped
¼ cup finely chopped fresh sage leaves, plus extra leaves to garnish
500g turkey breast mince
1 egg
2 cups stale wholegrain breadcrumbs
¼ cup whole berry cranberry sauce, plus ½ cup extra to serve

METHOD

Preheat the oven to 200°C (fan forced).

Heat 1 tablespoon oil in a medium frying pan over a medium-high heat. Add onion, garlic, mushrooms and sage. Cook for about 5 minutes, stirring, until mushrooms are soft. Remove from heat. Transfer to a large bowl. Cool.

Add turkey mince, egg, 1 cup breadcrumbs and ¼ cup cranberry sauce to mushroom mixture. Season with pepper. Mix with clean hands until well combined.

Roll level tablespoons of mixture into balls and toss in remaining breadcrumbs to coat lightly.

Drizzle remaining oil over base of a large, non-stick roasting pan. Heat in a 200°C oven (fan-forced) for 10 minutes. Remove from oven. Add meatballs to the hot pan.

Return to oven. Bake for 20-25 minutes, turning meatballs halfway during cooking time, until browned and cooked through.

Meanwhile, heat the extra ½ cup cranberry sauce in small saucepan until warm. Serve meatballs with warm cranberry sauce.

Tips: Use wet hands when rolling meatballs if mixture is sticky.

Meatballs can be prepared a day ahead. Place on a baking paper-lined tray, cover and keep refrigerated until ready to cook.

To fry sage leaves for garnish, heat a little olive oil in a small frying pan, add sage leaves and cook over a medium heat for about 30 seconds on each side, until crisp. Drain on paper towel.



COWBOY CAVIAR CUPS

 **8 SERVES** (MAKES 24 CUPS, 3 PER/SERVE)

 **30 MINS**

 **10 MINS**

INGREDIENTS

24 wonton wrappers (see tip)

Olive oil cooking spray

2 large avocados

2 tablespoons lime juice

½ cup chopped fresh coriander,
plus sprigs to garnish

½ red onion, finely chopped

400g can no added salt black beans,
rinsed, drained

½ red capsicum, finely chopped

1 roma tomato, cut into 1cm dice

⅓ cup frozen corn kernels, thawed

2 tablespoons pickled sliced jalapenos,
finely chopped

2 teaspoons red wine vinegar

METHOD

Preheat the oven to 180°C (fan forced).

Lightly spray both sides of each wonton wrapper with olive oil. Press wrappers into a 24 hole non-stick mini muffin tray or 2 x 12 hole (⅓ cup capacity) non-stick muffin trays (see Tips).

Cook in 180°C oven (fan-forced) for 7-8 minutes or until golden. Cool in tray.

Coarsely mash avocado with lime juice in a bowl. Stir in half the onion and ¼ cup coriander.

Place remaining onion and coriander in a large bowl. Stir in beans, capsicum, tomato, corn, jalapeno and vinegar.

Spoon 1 teaspoon mashed avocado into each wonton cup. Top with bean mixture. Dollop remaining avocado on top. Garnish with coriander sprigs.

Tips: Wonton cups can be made in either mini or regular sized muffin pans. Wonton wrappers are available from the refrigerated cabinet in major supermarkets and from Asian grocery stores.

Unfilled wonton cups will keep for 2 days in an airtight container. Add filling just before serving. Use up any excess filling in salads, wraps or sandwiches.



BRUSCHETTA



4 SERVES



10 MINS



5 MINS

INGREDIENTS

4 slices Italian bread or sourdough

4 Roma tomatoes, chopped

½ small red onion, peeled and chopped

1 clove garlic, peeled and finely chopped

2 teaspoons balsamic vinegar

2 teaspoons olive oil

2 tablespoons torn basil or coriander leaves

Black pepper, to season

METHOD

Toast or chargrill bread. Combine remaining ingredients in a small bowl. Let stand for 10 minutes.

Cut the bread slices in half and spoon over tomato mixture.

PUMPKIN WALNUT & HERBED RICOTTA FLATBREAD



2 SERVES



10 MINS



10-15 MINS

INGREDIENTS

¾ cup reduced fat ricotta

1 tablespoon oregano leaves,
roughly chopped

1 tablespoon parsley, roughly chopped

1 tablespoon walnuts, roughly chopped

1 spring onion, thinly sliced

2 wholemeal flat breads/pita breads

1 cup butternut pumpkin, grated

Spray Olive Oil

METHOD

Place ricotta, oregano, parsley, walnuts and spring onion in a small bowl and mix to combine.

Spread the mixture on 1 wrap base and top with grated pumpkin and add the other wrap on top as a lid.

Heat a large non-stick round frying pan over medium heat with spray olive oil. Place flatbread in pan, cooking 4 minutes each side or until golden brown. Slice into quarters.



TUNA & AVOCADO RICE PAPER ROLLS



4 SERVES



20-25 MINS

INGREDIENTS

2 x 95g can tuna in springwater, drained

1 ripe avocado, diced

1 tablespoon coriander, finely chopped

1 tablespoon Vietnamese mint, finely chopped

½ tablespoon sweet chilli sauce

1 cup iceberg lettuce, shredded

1 carrot, peeled, grated

1 Lebanese cucumber, cut into ribbons

8 sheets rice paper

METHOD

In a bowl, combine tuna, avocado, coriander, Vietnamese mint and sweet chilli sauce.

Fill a bowl with warm water. Place one sheet of rice paper into the bowl at a time, soaking for 20-30 seconds. Carefully place sheets on a damp tea towel.

Place iceberg lettuce, carrot, and cucumber in the centre of each piece of rice paper. Top with some of the tuna mixture. Fold in ends, then roll up tightly to form a sealed cylinder. Repeat with remaining mixture to make 8 rice paper rolls.

Tip: Tuna can be substituted for egg, chicken or tofu.

SPINACH & POLENTA PIKELETS



4 SERVES



10 MINS



5 MINS

INGREDIENTS

¼ cup polenta

½ cup boiling water

1 egg, lightly beaten

2 tablespoons reduced fat milk

¼ cup wholemeal self-raising flour

2 tablespoons reduced fat cottage cheese

1 teaspoon lemon juice

2 tablespoons chives, finely chopped

2 x 95g can salmon in springwater, drained

Spray Olive Oil

METHOD

Combine polenta and water in a medium size bowl. Allow to sit for 5 minutes. Stir through egg and milk. Then fold in flour and mix until mixture is smooth.

Heat a non-stick frying pan over medium-low heat. Spray with olive oil. Pour 2-teaspoon portions of mixture around the pan, allowing room for spreading. Cook for 1 minute or until bubbles appear. Turn and cook for a further 30 seconds or until golden brown. Repeat with remaining mixture.

Combine cottage cheese, lemon juice and 1 tablespoon chives. Spread pikelets with cottage cheese mix and top with salmon and chives.





Looking for more tasty heart-healthy recipes?

Check out our full range of delicious recipes at
www.heartfoundation.org.au/search/recipes



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